

CLAIMS:

1. A measuring and storage container adapted to rest on a surface and provide a stable orientation of the container, comprising a plurality of compartments for receiving respective portions of a substance, said compartments defining respective maximum filling elevations thereof in said stable orientation of the container, said compartments bearing respective indicia indicating the position of at least one fill level, wherein said at least one fill level is at a level below the respective maximum filling elevation.
2. The measuring and storage container of claim 1, wherein the container is adapted to contain a liquid.
3. The measuring and storage container of claim 2, wherein the container is formed of plastic.
4. The measuring and storage container of claim 3, wherein said compartments are integrally molded with the container.
5. The measuring and storage container of claim 1, further comprising removable partitions defining said compartments.

6. The measuring and storage container of claim 1, wherein one of said at least one fill level is at an elevation that corresponds to the elevation at which ice reaching said maximum fill elevation would contract when melted.

7. The measuring and storage container of claim 1, wherein said container body has a top surface and a complementary bottom surface adapted so that multiple instances of the container are stackable so that each of said multiple instances of the container is retained in said stable orientation.

8. The measuring and storage container of claim 7, wherein each of said multiple instances of the container includes a respective lid adapted to snap-fit onto the container, thereby providing said top surface.

9. The measuring and storage container of claim 1, further comprising a lid adapted to snap-fit onto the container, over said compartments.

10. A measuring and storage container adapted to rest on a surface and provide a stable orientation of the container, comprising:

at least one compartment for receiving a substance, said
compartment defining a maximum filling elevation thereof
in said stable orientation of the container, said
compartment bearing indicia indicating the position of at

least one fill level, wherein said at least one fill level is at a level below said maximum filling elevation; and

a lid adapted to snap-fit onto the container, over said compartment.

11. The measuring and storage container of claim 10, wherein the container has a bottom surface complementary to said lid adapted so that multiple instances of the container with said lid fitted thereon are stackable, whereby each of said multiple instances of the container is retained in said stable orientation.

12. A measuring and storage container adapted to rest on a surface and provide a stable orientation of the container, comprising at least one compartment for receiving a substance, said compartment defining a maximum filling elevation thereof in said stable orientation of the container, said compartment bearing indicia indicating the position of at least one fill level, wherein said at least one fill level is at a level below said maximum filling elevation, wherein the container has a top surface and a complementary bottom surface adapted so that multiple instances of the container are stackable, whereby each of said multiple instances of the container is retained in said stable orientation.

13. A method of measuring and storing food, comprising the steps of:

providing a container having at least one compartment for receiving a substance, said compartment defining a maximum filling elevation thereof, said compartment bearing indicia indicating the position of at least one fill level, wherein said at least one fill level is at a level below said maximum filling elevation;

filling said compartment with the food to said at least one fill level through said open top; and

thereafter storing the container in a freezer, thereby freezing the food in said compartment.

14. A method of measuring and storing portions of food, comprising the steps of:

providing a measuring and storage container adapted to rest on a surface and provide a stable orientation of the container, the container comprising a plurality of compartments for receiving respective portions of a substance through an open top side of the container, said compartments defining respective maximum filling elevations thereof in said stable orientation of the container, said compartments bearing

respective indicia indicating the position of at least one fill level, wherein said at least one fill level is at a level below the respective maximum filling elevation; and

filling said compartments with respective portions of the food to, respectively, said at least one fill level through said open top side of the container.

15. The method of claim 14, further comprising thereafter storing said container in a freezer, thereby freezing the portions of food in said compartments.